

1. Gardner, Jack H. 2. 1st Lt. 3. 23 4. 5' 7 1/2" 5. 0-520497
(Name (last name first)—print) (Rank or grade) (Age) (Height—feet, inches) (Army Serial No.)

CUMULATIVE RECORD

[illegible]

SCORING PROCEDURE: John Doc makes the following record:

He sits-up 37 times, circles score 52 (does not circle performance record); chins 8 times, circles score 49; runs the shuttle-run in 53 seconds, circles score 56; adds the three scores: 52 plus 49 plus 56 equals 157; locates 157 (the nearest No. is 156) in "Sum of Scores" in column under P. F. R.; circles the P. F. R. score 52 which is to the right of 156. Thus 52 is the Physical Fitness Rating of John Doe, which places him in the "Good" category. Whenever the number which represents the performance record, or sum of scores is not listed, select the nearest number and properly record.

PHYSICAL FITNESS PROFILE: To make profile, connect each circle with a straight line.

16-37399-1

W. D. A. A. F. Form No. 28A
(Revised 1 Nov. 1943)

**ARMY AIR FORCES PHYSICAL FITNESS TEST
AND RECORD CARD**

(FRONT)

ACHIEVEMENT SCALES

| SIT-UPS | | PULL-UPS | | SHUTTLE-RUN | | Sum of Scores | | P. F. R. |
|---------|-------|----------|-------|-------------|-------|---------------|-----------|----------|
| No. | Score | No. | Score | No. | Score | | | |
| 114 | 100 | 24 | 100 | 41 | 100 | 300 | EXCELLENT | 100 |
| 108 | 98 | 23 | 98 | | | 294 | | 98 |
| 102 | 96 | 22 | 96 | 42 | 96 | 288 | | 96 |
| 96 | 95 | 21 | 95 | | | 285 | | 95 |
| 90 | 93 | 20 | 93 | 43 | 93 | 279 | | 93 |
| 85 | 90 | 19 | 90 | | | 270 | | 90 |
| 81 | 85 | 18 | 85 | 44 | 85 | 255 | | 85 |
| 77 | 81 | 17 | 81 | | | 243 | | 81 |
| 73 | 78 | 16 | 78 | 45 | 78 | 234 | | 78 |
| 69 | 75 | 15 | 75 | 46 | 75 | 225 | VERY GOOD | 75 |
| 66 | 74 | | | | | 222 | | 74 |
| 64 | 73 | | | 47 | 73 | 219 | | 73 |
| 62 | 72 | 14 | 72 | 48 | 71 | 216 | | 72 |
| 60 | 70 | | | | | 210 | | 70 |
| 58 | 68 | 13 | 68 | 49 | 67 | 204 | | 68 |
| 56 | 66 | | | | | 198 | | 66 |
| 54 | 65 | 12 | 65 | 50 | 65 | 195 | | 65 |
| 52 | 64 | | | | | 192 | | 64 |
| 50 | 63 | 11 | 62 | 51 | 63 | 189 | GOOD | 63 |
| 48 | 61 | | | | | 183 | | 61 |
| 47 | 60 | | | 52 | 60 | 180 | | 60 |
| 45 | 58 | 10 | 58 | | | 174 | | 58 |
| 44 | 57 | | | 53 | 56 | 171 | | 57 |
| 42 | 55 | | | | | 165 | | 55 |
| 40 | 54 | 9 | 54 | | | 162 | | 54 |
| 38 | 52 | | | 54 | 52 | 156 | | 52 |
| 36 | 50 | 8 | 49 | | | 150 | POOR | 50 |
| 33 | 48 | | | 55 | 48 | 144 | | 48 |
| 31 | 47 | | | | | 141 | | 47 |
| 30 | 46 | | | 56 | 46 | 138 | | 46 |
| 29 | 45 | 7 | 45 | | | 135 | | 45 |
| 28 | 44 | | | 57 | 44 | 132 | | 44 |
| 27 | 42 | 6 | 41 | 58 | 42 | 126 | | 42 |
| 26 | 40 | | | 59 | 40 | 120 | | 40 |
| 25 | 38 | 5 | 38 | 60 | 38 | 114 | 38 | |
| 24 | 36 | | | 61 | 36 | 108 | 36 | |
| 22 | 35 | 4 | 35 | | | 105 | VERY POOR | 35 |
| 21 | 34 | | | 62 | 34 | 102 | | 34 |
| 19 | 33 | 3 | 32 | 63 | 32 | 99 | | 33 |
| 17 | 30 | | | 64 | 30 | 90 | | 30 |
| 15 | 27 | 2 | 26 | 65 | 27 | 81 | | 27 |
| 12 | 23 | | | 66 | 23 | 69 | | 23 |
| 9 | 20 | | | 67 | 20 | 60 | | 20 |
| 6 | 17 | 1 | 17 | 68 | 17 | 51 | | 17 |
| 3 | 15 | | | 69 | 15 | 45 | 15 | |
| 1 | 10 | | | 70 | 10 | 30 | | 10 |